ILL FROM OVERWORK

By Toning up the Blood and Nerves Pa-

tient Recovered Weight, Strength

and Good Spirits.

down from overwork and from confine

ment to work during warm weather.

For two months I grew steadily worse. I lost in weight and strength and had no appetite. My memory failed me quite rapidly and I became in a very low

I received from them."

OFF THE LID

Vacation

gress. He Will Show How Postal

Service Can be Im-

proved.

Washington, July 19.-Postmaster

GEORGE VON L. MEYER.

gress, and in this connection will sug-

gest a number of improvements in the

THANKS FOR QUAKE RELIEF.

Government of Jamaica Expresses Ap-

preciation Through British Embassy.

the charge d'affaires of the British em-

The letter is dated Intervale, N. H.,

Dogs That Worry

If you have ever seen a dog that has

ries about many other things than

bones or masters, and the dog never

STANDARD OF CO. of New York

The government of Jamaica through

When the nervous system is broten

CALL CLARKE WILL MAKE The Times' Daily Short Story.

Settled Out of Court.

"Marry him, madam," said the attorney. "There's no other way out of the Wifficulty."

"Marry that old rascal? Never! But, an old woman!" supposing I should consent to your whom I have had legal quarrels for

"Any woman is more than a match for man, especially for a superannuated man. Let me see. You are fortyfive. Bless me, you don't look it! He is thirty years your senior. He'll not who had never met except in court, live long.'

her niece, Elizabeth Ward, who lived accompany him. with her, but the girl told her that it was too cold, matter of fact and gento a man she admired. The result was niece with me at the meeting." an epistle that warmed old Ephraim crown of his hairless head. There was bring about a conclusion of the lawsuit. The letter was handed with the Louis intercepted the reply and sent him. one that he had written himself. For own ladylove.

Peabody's letters, read them to her aunt for approval and mail them,

"The old fool," the lady would exwhereas this marriage will make us honor to ask the hand of your niece in former Southern Pacific physician who was cured of Bright's Disease by the marriage."

The writer can give the nations as a substitute for war, and was cured of Bright's Disease by the establishment at The Hague of a a year on you for dress."

are always thinking of others; never of yourself."

growing warmer the while, till at last ing his hand on his heart, said: there came a proposition of marriage. "Mine too,"

osltion Mrs. Peabody had intended to call forth, but an ardent love such as a young man would pour out to a young girl. "I shall love you," the old man said, "in your youth and cherish you in your old age," The lady threw down the letters, muttering: "Not in street, there is a sign of activity that is my old age, you old fool! You'll be hardly in keeping with its pastoral sur-under ground twenty years before I'm roundings. Boxes have been shipped from

When Miss Ward handed her aunt plan, how could I marry a man with the reply she had written Mrs. Peabody commented on it. "If he were a young man, Bett, it would be lovely. There's some excuse for him, after all, considering how sweetly you write."

Then came the arrangements for the was contributed by the sons of the mer first meeting between the principals. where they had glared at each other. Mrs. Peabody promised to think of Mr. Codman wrote that he would call the matter and was not long in taking at 11 in the morning of a certain day, the attorney's advice. She wrote old and since he was subject to a tempo-Codman a letter, which she showed to rary indisposition his grandson would

"Temporary indisposition!" ex- The Herald is in possession of facts that claimed Mrs. Peabody. "He'll bring erally unromantic, whereupon the eld- his grandson to hold him up! Write er woman charged her niece to write him that owing to a superabundance of such a letter as she would herself send | maldenly modesty I shall have my

The girl, laughing merrily, flew away Codman from the tips of his toes to the to write the last letter of this unique correspondence before an engagement, no business in it, but it tended to and Mrs. Peabody went to her room to prepare for the ordeal.

When Mr. Codman's carriage drove morning's mail to Mr. Codman by his up to Mrs. Peabody's door the sun was grandson and heir. Louis, who acted shining, the birds were singing-indeed, as his secretary. Louis opened all let- everything portended a betrothal of a ters before submitting them. Indeed, youthful pair. Louis Codman alighthe read Mrs. Peabody's to his grand- ed, got his grandfather out of the carfather, whose sight was inadequate to riage and supported him into the house. Bright's Disease, and was so satisfied of decipher a woman's handwriting. The Mrs. Peabody and her niece received his incurability that he would not hear old man, fearing that a matrimonial them in the drawing foom. The old about the treatment. A climax was imalilance might not please his heir, unman was trying to say something galminent, and it was decided to trick him dertook to make the reply himself, but lant when his grandson interrupted into the use of it. His recovery resulted.

"Grandfather," said he, "permit me. reasons of his own he poured out just I am about to make an announcement to put himself on the treatment. Alsuch words as he would write to his to you and Mrs. Peabody jointly, though his case was in the serious stages, When Mrs. Peabody's first letter came yet he, too, was so imbued with the in-Then followed a correspondence that I recognized in it the genuine freshness curability of the disease that he would would warm hearts frozen for centu- of a young girl. I answered it for its not at first consider it. Later, at a critiries. Miss Ward would write Mrs. recipient in the same strain. Miss cal moment, he changed his mind. The Elizabeth Peabody and I have been case yielded, and he has returned to his corresponding over the heads of our practice. elders, we have exchanged likenesses Another case is vouched for by a number of Oakland people. A lady liv-"The old fool," the lady would ex- elders, we have exchange the propo- number of Oakland people. A lady liveled in the claim, "to be caught by such chaff! and have frequently met. The propo-It's lucky, Betty, I have you to write sition is to unite the separate interests, known here, was slowly dying of Bright's these letters. I never could do it in now pending. I have a few days ago the world." Then when the replies ar- secured an order from the court of physician for the east was the means of rived it would be: "How sickening! I chancery placing the management of saving her life, due to the fact that the wonder if he will expect me to listen the Codman estates in my hands on new physician called into the case to that rubbish when we are married? account of the failing health of my changed the treatment to the ne However, he will pay well for the grandfather. If the matter is to be cific. The amazement of the family phy privilege. He is sure to win his case settled out of court it must be settled sician on finding his patient well instead in the end, and that will bankrupt us; with me. Mrs. Peabody, I have the of dead on his return can be imagined.

"With all my heart," she exclaimed, taking the treatment.

AMERICA FOR ARBITRATION NERVOUS PROSTRATION CURED BY DR. WILLIAMS' PINK PILLS. **FAMOUS**

OAKLAND

(From the Oakland Herald.)

Garrison. The money that paid for it

who dragged the living man at the rope's

number that inquiry is soon satisfied.

One of our county officials, who de-

A local business man tells us of a

Another physician who is a particular

friend of the proprietor of the San Fran-

ion of this beneficient discovery.

For Diabetes get Fulton's Diabetic Com-

pound, \$1.50. Send for pamphlet to Jno. J. Fulton Co., 1910 San Pablo ave., Oak-

land. Represented in Barre by Rickert

A WISE BRITON.

He Half Suspected at the Start That

the Feathers Weren't Edible.

English relative tells this without the

quiver of an eyelid:

flesh of the fowl.'

stake."

swallow that 'nasty slush.'

A Brooklyn man who entertained an

"My cousin from London reached

New York last summer, along with a

hot wave. The crowds were deep be-

fore the soda water fountains on lower

America, 'It can hardly be possible

drawn and quartered or burned at the

"'I fancy you will see your error

quite plain the man wanted the beds

for another purpose and not, as you

A Rude Little Girl.

Malden Aunt (reading)-"In heaven

there is no marrying or giving in mar-

Flage." Small Mazle-It must seem like

heaven to you have on earth, doesn't it

What is bred in the bone will never

auntie?-Chicago News.

come out of the flesh.-Plipay.

believe, to eat," -- Brooklyn Eagle,

-Oakland Daily Herald.

friend of his who is a physician in a

clines to permit the use of his name, re-

covered from diabetes under circum-

stances that are hard to believe,

nearby city, who was stricken

A little over a year ago there was laid

end through the streets.

an afternoon.

Choate Tells Why we Uphold San Pablo avenue, not far from Sixtieth

India to London, and every important city in the United States is in touch with this little community, and it is possible—even probable—that it will make Oakland familiar to all the workl.

In an unpretentious place away out on San Pablo avenue, not far from Sixtieth street, there is a sign of activity that is hardly in keeping with its pastoral surroundings. Boxes have been shipped from Interview of the Luited States is in touch with this little community, and it is possible—even probable—that it will make Oakland familiar to all the world. On Commonwealth avenue, in Boston, there is a silent statue of William Lloyd Carrison. The money that paid for it was contributed by the sons of the men. Opposed by South Americans.

o rest in a local cemetery, unhonored and unsung, a lowly personage, whose memory will also be honored by future generations, for there is no doubt what-The Hague, July 19 .- At the committée meeting held yesterday morning, ness nor recreation. In my position, as ever about his having discovered a spe-Joseph H. Choate, one of the American foreman in a large manufacturing for Bright's Disease and Diabetes. plenipotentiaries, made an important chemist's establishment in Boston, a good memory is absolutely essential to success because of the immense amount enable it to state this authoritatively. It is probable that a hundred people in this city alone owe the fact that they are duced the American Government to pro- of detail that must be carried in the head. pose a general treaty of arbitration. He living to the late John J. Fulton, and owever prejudiced one may be as to the said:

aid:

"The dangers and mischief threatenThe dangers and mischief threaten
bear to have people meet me and my friends remarked on my condition.

About the middle of December a friend curability of these diseases, yet a doubt-er with an open mind can be convinced ing the world from constant preparation told me one day that he had tried Dr. Experiences fresh from the hearts of the people are obtainable to so great a have been somewhat mitigated by the have been somewhat mitigated by the excellent work of the first peace con- the better was remarked by friends. I



JOSEPH H. CHOATE.

The writer can give the name of a ference in recommending arbitration to He Leaves Washington For a The old man cast a feeble inquiring same treatment under circumstances the establishment at The Hague of a glance at his grandson, and Mrs. Pea- similar to those in one of the cases permanent court. Since this time great "How generous you are, auntie! You body uttered an exclamation of relief. above, he too, having been deceived in events have occurred and two terrible wars which inflicted untold miseries HELOISE AMES. | ure. | reason why nations that agree by each | Recoveries in all walks of life are other or two by two should not agree o numerous that they are simply cumu- oll together to exactly the same thing.

Continuing, Mr. Choate referred to Work to Be Done on Report to Con-And the pity of it is that the ethics the excellent work done in this direcof the medical profession are such as to tion by the Pan-American conference prevent the early esponsal and declara- at Mexico City and Rio Janerio, he said, that the United States proposed general Let new and Greater Oakland proclaim arbitration corresponding in form and to the world, carrying hope and happiness into clouded homes along with her ics which have been entered into including those negotiated by the United States in 1904, but reserving the right of the Senate to participate in any special agreement which might become necessary for carrying the treaty into The press admits the facts. In view of ad Bright's Disease, how on earth can applause of his hearers, and when he people who have any kind of Kidney Trouble afford to take anything but Fulton's Renal Compound, the only known specific for Bright's Disease? Price, \$1.

HOW WE ARE FORMED.

A Few of the Many Marvels of the Human Body.

On an average man's body there are 340,000 hairs. Plusking one every secand it would take him twelve eighthour working days to pull them all out. In his blood there are 25,000,000,000,000 red corpuscies. Laid out side by side they would cover a surface of 3,130 square yards.

The whole of the blood passes through a man's heart nearly twice in every minute. It weighs one-thirteenth of the entire body weight, and it moves in different parts of the body at speeds pects to put in considerable time also yarying from ten feet to 1,666 yards in preparing his annual report to Con-

Broadway. He remarked that he did (nearly one mile) an hour. not comprehend how Americans could The fat of your body is fluid. It becomes solid only when the body cools postal service. "'A mere preference,' I explained. after death. It is one of your most We have many curious examples of useful constituents, forming a nonconthat kind in this country. One of the ducting sheath to protect you from most remarkable evidences of insatiacold, acting as pads to preserve from ble appetite for froth rather than subsbock, on the tips of the fingers, the stance is that of the American poultry toes and the beels and lying always lover who daily advertises in our New ready as a reserve food supply when York papers for 1,000 feather beds. As you can get nothing to eat.

A little artery passes from your brain bassy has sent to Secretary Root an you may well imagine, he is said to have entirely lost his taste for the through the skull into the scalp, which expression of thanks for the articles acts as a safety valve when the brain supplied to the Kingston sufferers by "'Oh, really!" exclaimed the English-

is congested with blood. the American fleet at the time of the man in quiet surprise. Nothing more The skin cannot grow again once earthquake. was said till nine months later, when it is destroyed; hence the unsightly scars left by burns and severe wounds. June 22, 1907, and expresses the gover-I opened my mall one day and found Only the surface layer can renew nor of Jamaica's grateful appreciation of itself. When the whole thickness is dea marked copy of the London Times. which he had sent to me. He called stroyed, it never reforms. This is the lie against the colonial government in my attention to this extract in an article on mob rule and lynching in more curlous as muscles, nerves, blood consequence of the issue of the stores," vessels and bones, all less liable to inthat the supply of tar and feathers in jury than the skin, can grow again.

the United States will be sufficient at You are really a water rather than the rate the mobs are covering the a land animal. Although as a whole bodies of the poor wretches who are you live on dry land, your body con. lost its master in a London street you sists of countless millions of separate will wonder whether even the lower tortured and humillated before they are living particles, and these are all im. animals have not the elements of wormersed in the water which constitutes by to disturb them. But the man worfour-fifths of your substance. after reading this,' he wrote, 'It is

Within the laner part of your ear, deep in the bone, is a quantity of fluid suffers from insomnia through fear of which acts as a spirit level and enables a future life or the state of his bankyou to keep your balance.-Chicago ing account.-Header, Record-Herald

Mentalty.

"Why, I heard papa say you were

way off." "-Cleveland Plain Dealer.

Mr. Snipleigh?"

think I had been abroad?"

NEW PERFECTION "You have been abroad, haven't you. Wick Blue Flame Oil Cook-Stove "No, Miss Sharp. What made you

DUELING IN THE NAVY

The Tragic Affair That Put an

Two Principals in the Unfortunate Meeting.

state, both physically and mentally. I took no interest in life, neither in busi-That settlement of quarrels by appeal to the code of honor was no longer to be the unwritten law of the American navy was determined by a duel in which William Miller, Jr., a Philadelphia lawyer, was slain in a personal affair fought along the northern circle "I grew very despairing, could not of Delaware. The man who fired the fatal shot was Midshipman Charles G. upon it, Hunter, and the encounter took place of Sunday, March 21, 1830.

Singularly enough, neither Miller, who lost his life, nor Hunter, who killed blue, was principal in the original continued using the pills until I was thoroughly recovered. I regard them as a fine remedy and make this statement quarrel that led to the meeting on the bank of the little creek in Delaware. Neither had seen the other until a few voluntarily in gratitude for the benefit hours before the challenge was sent and accepted.

These pills actually make new blood and have cured such diseases as rheu-Simply a misshot in a game of bilmatism, nervous and general debility, liards played at Third and Chestnut indigestion, nervous headache, neuralgia and even partial paralysis and locomotor ataxia. As a tonic for the blood and streets, Philadelphia, led to the tragedy that plunged two homes into sorrow nerves they are unequalled. and imbittered the life of the man whose pistol shot causelessly shed hu-If you are a sufferer from any disorder of the blood and nerves write for proof of what Dr. Williams' Pink-Pills have accomplished in cases similar man blood. Henry Wharton Griffith and R. Dil-

lon Drake, prominent society men of to yours. Every testimonial used by Philadelphia, played the game of bilthis company is carefully investigated before being published and is authentic. liards, and Griffith made the misshot Dr. Williams' Pink Pills are sold by all which called forth a taunt from Drake, druggists, or direct by mail, postpaid, on who was immediately struck in the receipt of price, 50 cents per box, six face with a cue by Griffith. A chal-boxes for \$2.50, by the Dr. Williams lenge to a duel was sent by Drake, but Medicine Company, Schenectady, N. Y. Griffith declared that the challenger lenge to a duel was sent by Drake, but Griffith declared that the challenger was beneath his notice and that he MEYER STEPS

consenting to meet him. Then followed a long and wordy warfare in which each posted the other as a coward. Lieutenant Duryee of the United States navy was called to make an effort to settle the dispute, and it was then that Miller, the lawyer, and Hunter, the midshipman, became involved in the quarrel. In the heated discussion Hunter accused Miller of publishing a confidential letter, and a challenge was at once sent by the mid-

shipman and accepted by the attorney. It was decided that the duel should The septuagenarian cast another feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and, placcians, both of whom have had several national agreements of arbitration, feeble glance at his grandson and place cases on the treatment without a failcases on the treatment without a failreason why nations that agree by each pals, seconds and surgeons left a house that stood on Chestnut street above Sixth. The presence of the company excited some suspicion at Chester, where the party stopped for lunch, but they hurried down the post road, tied their horses close to the highway and proceeded 200 yards behind a clump of trees that would shield them from ob-

servation. As the sun was setting two pistol shots rang out simultaneously as one of the seconds counted "One, two, three -fire!" Hunter stood unharmed as the he census showing that out of every 100 effect in particular cases. Mr. Choate's weeks with his family at Matapedia, ball from his opponent's pistol struck caths from Kidney Trouble 92 of them remarks were interrupted often by the Quebec, fishing and hunting. He ex- at his feet, but Miller cried out that he was shot, placed one hand on his breast and fell with a builet lying close to his heart. In a few minutes he died, while pale and anxious faces watched the convulsive breathing of the dying man.

"Gentlemen," said Hunter, "I had no enmity against this man. I never guisbing feature is the closing. This heard of him until two days ago. Let those whose quarrel embroiled him be responsible for his death."

After a hurried consultation it was leave the state at once, and he was driven rapidly to New Castle, Del., where he boarded a boat for New York and rejoined the navy. In order to hide the trugedy it was decided to wait over any guimpe and is daintly charmuntil dark and take Miller to Philadelphia in a carriage.

Seating the dead man between them, two seconds held him in an upright position on the long journey to Philadelphia. News of the duel had reached Chester, and a crowd of men stood at Third street bridge to intercept the carriages. The first buggy contained the surgeon, and, as his explanation was satisfactory, he was permitted to proceed. The dead man in the second carriage was driven through the crowd without the ruse being detected, and at midnight the body was placed in a house in Walnut street, where vigil was kept by the seconds, who drank -you to buy the gloves without the perheavily to support them in the terrible mission either of your mamma or strain under which they had been

placed Miller's father said that he held no I had them charged.-New York Post. malice against Hunter, but the midshipman, who was suspended for a year for punishment, was haunted by the specter of the dead man lying on the bank of Nanman's creek, slain by his hand, and died a prematurely old man after a lonely life, shut off from all hope of preferment in the navy. He was buried by the newspaper men of New York, who erected a tombstone over his grave.-Philadelphia Ledger.

How Inconsiderate! "Young Ruggles did a very thought-

less thing.

"What was that?"

"He wrote a poem in honor of a certrin young woman who had just the meaning of prepared and ready?" completed her twenty-first birthday and published it in the college paper." "Wasn't it a good poem?" "Very good."

"What's the criticism then?" "Why, everybody who wants to find Cieveland Plain Dealer.



Baker's Extracts

COMPLY WITH ALL FOOD LAWS

Always have and always will. But desire for profit is a human weakness, and dealers frequently substitute a compound extract on which the profit is greater, unless you specify Baker's and insist

along Naaman's creek on the afternoon BAKER EXTRACT COMPANY

VAGARIES OF FASHION.

Buckles Trim Costumes of All Kinds, Red Riding Hood Coats.

Never was the buckle more in demand, and never was it adapted to so many uses. Literally it figures from toe to toe. There are buckles on the hats, and there are buckles on the shoes. There are also buckles betwirt and between, buckles on collars, buckles on belts, buckles on decorative ribbons, buckles on laces and buckles on garters. The materials are as varied as the uses to which they are put, ranging from brass to gold. Silver holds its own, and jewels are as high in favor as ever. Cut steel is also very much liked.

For wear with muslin dresses on cool summer nights or when motoring are white serge coats made in full box style, so that they cover the entire dress. The side seams open at the would not demean himself socially by lower edge and are held down with small velvet buttons in a pale shade of



GIRL'S GUIMPE PROCE-5690. water blue. A little flat collar of velvet trims the neck, but the distinis apparently effected by a single very, large gilt button at the neck, although the wrap really fastens to the very edge by means of buttons and buttondecided that the midshipman should holes set under a fly. The sleeves are coat shaped, ending in a velvet cuff, and altogether this little garment is just the most stylish thing imaginable.

This small girl's frock can be worn ing, yet involves little trouble in making. The five gored skirt is plaited, and both it and the pretty waist are joined to a belt.

JUDIC CHOLLET.

Youthful Financier. This really happened in New York

the other day: Displeased Parent-Molly, I find you have been buying three pairs of gloves without my permission. Why did you do so? Miss Molly (aged twelve)-Why, daddy, I was obliged to have some gloves; I hadn't a pair to wear! Displeased Parent-It was wrong of myself. Miss Molly-Well, never mind, daddy, dear; they won't cost anything.

The Point of View. "You can't get in here on a half ticket," exclaimed the doorkeeper at the circus.

"I thought I could," apologized tha small town citizen. "I have a bad eye, and I only expected to see half of the show."

"Then you'll have to get two tickets." said the doorkeeper. "If you only have one good eye it'll take you twice as long to see the show."-Harper's Week-

The Difference. "Pa, what's the difference between

"Well, there's many a person who may be prepared to die, but I never saw one who was ready." - Chicago Record-Herald.

Don't keep so busy making money to out can look back any time and discov- afford pleasure that you have no time er how old the young woman is."- to devote to pleasure.-St. Louis Globo-Democrat.



who thought that the Moon was inhabited proposed that at a certain moment on a certain night every man, woman and child on earth should holler just as loud as possible, so that the Man in the Moon might hear the sound and know that he had

for the Big Holler. The Mighty Moment came at lest!!!

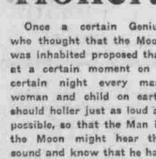
Everybody else had kept Mum in order to hear the Big Holler that all the others were going to make.

other fellows to do it-all except the African, who had no curiosity, and the Oshkosh lady, who had hysterics.

And the Man in the Moon just laughed! It was enough to make a comet splutter, for it revealed a very

This is not just a funny story. It is Full of Philosophy. It oughs to set you thinking.

MORAL: Now's the time for the Big Holler!



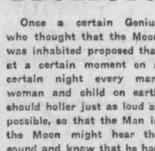
neighbors.

Vociferation.

faint hysterical shrick.

You will find lots of people right here in this community who refuse to join in the Big Holler because they want to get the full benefit of the boller when the other people make it. Sometimes by making a Big Holler all at once we might get a new factory located here, but when 323 men stand around, each weekling for the other teach the bulk standard. waiting for all the others to do the holloring, and only one man hollers, the man looking for

If It takes a Big Holler to get what we want, every fellow must lend a lung.



Everybody said it was a Fine Idea. Everybody agreed to Holler with a big H. For a month in advance everybody practiced lung exercises, so as to cultivate the Biggest Holler possible. Everybody was sure that the

Moon Man couldn't help but hear the Vast Volume of The Eventful Night arrived. The Moon Man was looking down through a cloudless sky. Everybody on earth drow in two large lungfuls of air and got ready

Silence! Absolute silence! It was the silentest moment since

the morning stars first sang together. When the returns came in it was known that only one man, a negro in Darkest Africa, hollered, and one woman in Oshkosh, Wis., who was so excited that she just couldn't help it, let out a

But nobedy made the holler because they all waited for the

amusing trais in human nature,

a factory site doesn't hear any sound.